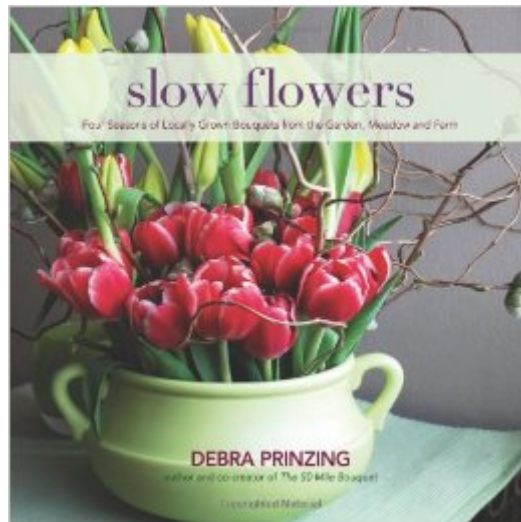


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# Slow Flowers: Four Seasons Of Locally Grown Bouquets From The Garden, Meadow And Farm



## Synopsis

The slow food movement (with its hundreds of thousands of members and supporters) has changed our relationship with the foods in our lives. Now the slow flower movement is changing the way we think about cut flowers: Yes, we'd all prefer fresh, fragrant flowers in our bouquets, not the chemical-laden lifeless blooms flown in from afar - but what to do in those seasons when not much is growing locally? Acclaimed garden writer Debra Prinzing challenged herself to create a beautiful, locally-grown bouquet for each of 52 weeks of one year (going beyond flowers to include ornamental twigs, foliage, greenhouse plants, dried pods, and more), to demonstrate that all four seasons have their own botanical character to be celebrated. She provides extensive design tips, bouquet recipes and region-by-region floral ingredient lists that can be found in all climate zones through the year. *Slow Flowers* is written from a DIY floral designer's point of view, to inspire anyone to go green and make a beautiful bouquet with what's at hand, no matter the season. The Garden Writers Association has recognized *Slow Flowers* with a 2014 Silver Award of Achievement.

## Book Information

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## Customer Reviews

"Slow Flowers" was published in early 2013 and has an interesting premise for a book: The author, a west coast garden design expert, wondered if she could make a bouquet from locally-grown flowers every week of the year. She didn't grow everything herself, but she avoided blooms imported from other countries, although she did buy them from local growers, some of whom used greenhouses during the winter. Obviously, since she lives in the Seattle area, she was able to "arrange locally" more easily than many of us who live in the midwest or the northeast. But even

though she is from a warmer climate, her book is still useful to the rest of us. In the back of the book, she included a list of all the plants in her bouquets, and the majority of them would grow here in the midwest, either as perennials or as common summer annuals. And many of the bouquets included branches with leaves and berries in the fall, forced bulbs and flowering branches brought inside to bloom early in spring. These are all materials that are available to colder-climate gardeners, if not during all 52 weeks of the year. Since I started my own cutting garden last year, I have been interested in suggestions for flowers to grow, and this book did provide me with many ideas. It also has a number of sidebars containing practical information for cut flower bouquets: how to make hellebore flowers last inside, how to use flower frogs to help flowers stay upright, etc. "Slow Flowers" is altogether a useful book, and one well-worth reading several times over.

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